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# **STRAWBERRIES WITH SUGAR...**

## **A home freezing special**

Luscious red strawberries may be successfully frozen varied ways--whole, sliced, crushed, pureed, or made into sparkling juice. For extra-good results with this popular fruit, slice or crush the berries and pack them in sugar, say home freezing specialists

in the U. S. Department of Agriculture's Bureau of Human Nutrition and Home Economics.

In these pictures, Ruth Redstrom, food specialist, follows the Bureau's directions for freezing sliced strawberries with sugar.

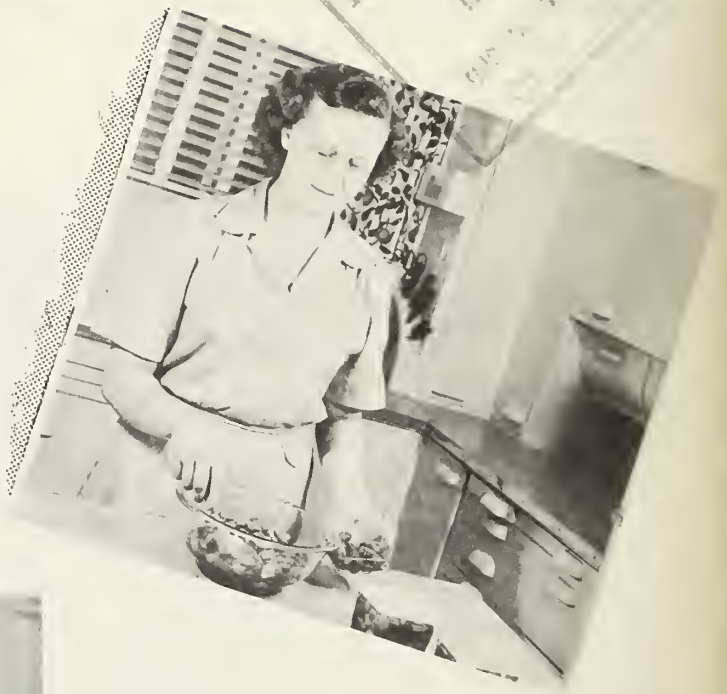


1. Select only firm, red-ripe strawberries for freezing. After sorting, Miss Redstrom will wash a few at a time in cold water, lifting them out gently and draining in a colander. After washing, berries are hulled, not before--to save the most juice. Next, she will slice the berries. (Neg 9032D)



2. She sprinkles on sugar, allowing  $\frac{3}{4}$  cup to 1 quart (4 cups) of sliced berries. To draw juice, she turns fruit over and over using a big spoon. (Neg 9033D)

3. Berries are now packed in moisture-vapor-proof containers. Fruit will expand in freezing. To allow for this, in pint containers that have straight sides and wide top as these have,  $\frac{1}{2}$  inch headspace is left between food and lid; in quart containers, 1 inch. Miss Redstrom takes care that juice covers all fruit. Berries may be pressed down with a spoon, if necessary. (Neg 9034D)



4. A plastic container like the one shown is sealed by pressing the lid down firmly on all sides. For future reference, Miss Redstrom labels to show the date and that berries are sugared. Then berries will be frozen and stored at  $0^{\circ}$  F. or lower. (Neg 9035D)

Editors and writers may obtain 8 x 10 glossy prints from Press Service, Office of Information, U. S. Department of Agriculture, Washington 25, D. C.